

Screen Time Log



Child's Name:

Challenge Dates:

Use this log to fill in the number of hours your child spends in front of a screen each day. If it's less than 2 hours, keep up the good work! If it's 2 hours or more, check out our tips to reduce your family's screen time!

	TV or Movies	Video Games	iPad or Tablet	Computer or Internet	Total Hours Each Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

How much screen time did your child have this week? _____

What is the source of most of your child's screen time? _____

Tips for Limiting Screen Time

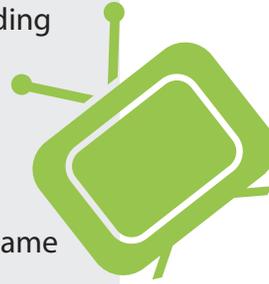
Why is it so important to limit screen time?

Too much screen time promotes an inactive lifestyle and has been linked to overweight and obese children.

More than 2 hours of screen time has been linked to lower reading scores and attention problems.

Watching TV is associated with more snacking.

TV and other electronic media can get in the way of exploring, playing and interacting with others and does not provide the same type of brain stimulation children need.



How can you help limit your family's screen time?



- Keep TVs, computers, tablets and video games out of your child's room
- Set limits and basic rules to know how much screen time your child is getting
- Be a role model with your own TV viewing habits.
- Make a list of fun activities to do instead of being in front of a screen: play outside, listen and dance to music, write a letter or story, plant a flower or vegetable garden, read a book

